

Kentucky Heart Disease Fact Sheet January 2007

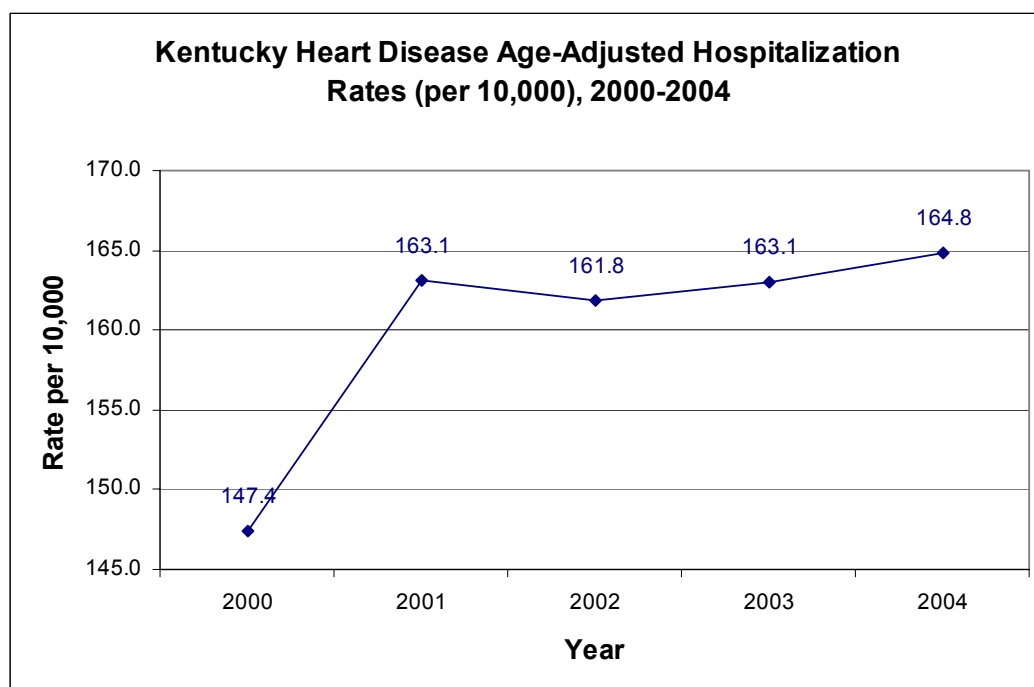
HEART DISEASE IS **DEADLY** IN KENTUCKY

- Kentucky ranks 6th in heart disease death rates for 2003, behind Mississippi, Oklahoma, DC, Alabama, and West Virginia
- Diseases of the heart accounted for 23% (11,291) of all deaths in Kentucky in 2003.
- The death rate for heart disease was 281.3 per 100,000 in 2003, a 9% decrease from 307.5 PER 100,000 in 2000.
- In Kentucky, blacks experienced the highest heart disease death rate in 2003.

Kentucky Heart Disease Mortality Rates

	Crude	Comparison Age-Adjusted	
	2003	2003	2000
All Kentuckians	274.2	281.3	307.5
White Male	284.6	347.1	384.1
White Female	283.4	230.8	251.8
Black Male	244.9	440.7	436.2
Black Female	246.3	280.6	326.8

- Diseases of the heart accounted for 11% (67,239) of all hospitalizations in Kentucky in 2004.
- The hospitalization rate for heart disease was 164.8 per 100,000 in 2004, a 12% increase from 147.4 per 100,000 in 2000.
- In Kentucky, inpatient hospitalizations for cardiovascular-related diagnoses for 2004 totaled over **\$2,106,997,000**.



RISK FACTORS FOR HEART DISEASE ARE **COMMON** IN KENTUCKY:

- 31.5% of adult Kentuckians (1 in every 3) report no physical activity in the last month in 2005.
- 28.7% of adult Kentuckians (1 in every 3) were smokers in 2005.
- 83.2% of adult Kentuckians (4 in every 5) did not consume the daily-recommended amount of fruits and vegetables in 2005.
- 25.8% of adult Kentuckians (1 in every 4) are obese, based on reported height and weight in 2004.
- 8.9% of the adult population in Kentucky (1 in every 10) has diabetes, one third of whom were undiagnosed in 2005.

COMPARED TO THE NATION:

- Kentucky ranks 5th in no physical activity in the previous 30 days for 2005, behind Puerto Rico, Louisiana, Tennessee, and Mississippi
- Kentucky ranks 4th in less than 5 fruits and vegetables per day for 2005, behind Puerto Rico, Oklahoma, and Mississippi
- Kentucky ranks 11th in hypertension for 2005
- Kentucky ranks 9th in high cholesterol for 2005
- Kentucky ranks 8th in diabetes for 2005
- Kentucky ranks 1st in current smoking for 2005

HEART DISEASE IS **COSTLY** IN KENTUCKY:

The economic impact of cardiovascular disease on the U.S. health care system continues to grow as the population ages. The cost of heart disease and stroke in the United States was projected to be **\$403 billion** in 2006, including health care expenditures and lost productivity from death and disability.

*Heart Disease is **deadly, common, and costly**, and affects thousands of individuals in Kentucky and poses a major public health problem.*

Definitions

*The **crude rate** is the total number of deaths divided by the population at risk.

The **age-adjusted death rate is the hypothetical death rate that would have occurred if the observed age-specific rates (death in each age group divided by the population of that age-group) were present in a population whose age distribution was that of a standard population. The age-adjusted rate controls for differences in age distribution among populations.

Data Sources:

- Kentucky Department for Public Health (KDPH) and Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Frankfort, Kentucky: Cabinet for Health and Family Services, KDPH, 1995-2005.
- Kentucky Department for Public Health (KDPH). *Death Certificate Files*. Frankfort, Kentucky: Cabinet for Health and Family Services, 1960-2003.
- Kentucky Inpatient Hospitalization Claims Files, Frankfort, KY, 2004; Cabinet for Health and Family Services, Kentucky Department for Public Health, Office of Health Policy.
- American Heart Association, American Stroke Association. *Heart Disease and Stroke Statistics – 2006 Update*.